

WHAT IS CLAIMED IS:

1. A disc apparatus comprising:

a detection unit configured to detect a first tracking balance value by first adjustment, and to
5 detect a second tracking balance value by second adjustment different from the first adjustment in a tracking balance adjustment mode for controlling a light beam to trace along a track on a disc; and

an adjustment unit configured to adjust tracking
10 balance on the basis of the first and second tracking balance values.

2. An apparatus according to claim 1, wherein the detection unit detects the first tracking balance value on the basis of symmetry of a signal obtained from
15 light reflected by the disc, and detects the second tracking balance value on the basis of jitter of the signal obtained from the light reflected by the disc.

3. An apparatus according to claim 1, wherein the adjustment unit adjusts the tracking balance on the
20 basis of the first tracking balance value in response to a track search instruction, and adjusts the tracking balance on the basis of the second tracking balance value when the track search is complete and the light beam traces the track.

25 4. An apparatus according to claim 1, wherein the adjustment unit calculates a third tracking balance value on the basis of the first and second tracking

balance values, and adjusts the tracking balance on the basis of the third tracking balance value.

5. A tracking balance adjustment method comprising:

5 detecting a first tracking balance value by first adjustment, and detecting a second tracking balance value by second adjustment different from the first adjustment in a tracking balance adjustment mode for controlling a light beam to trace along a track on a
10 disc; and

 adjusting tracking balance on the basis of the first and second tracking balance values.

6. A method according to claim 5, wherein the first tracking balance value is detected on the basis
15 of symmetry of a signal obtained from light reflected by the disc, and the second tracking balance value is detected on the basis of jitter of the signal obtained from the light reflected by the disc.

7. A method according to claim 5, wherein the
20 tracking balance is adjusted on the basis of the first tracking balance value in response to a track search instruction, and is adjusted on the basis of the second tracking balance value when the track search is complete and the light beam traces the track.

25 8. A method according to claim 5, wherein a third tracking balance value is calculated on the basis of the first and second tracking balance values, and the

tracking balance is adjusted on the basis of the third tracking balance value.